



TEAM 19 NEWS

19th Expeditionary Sustainment Command

July 22, 2010

Vehicle check

Left, Pfc. Jose A. Castillo and Staff Sgt. Harry L. Lassiter, both 19th Expeditionary Sustainment Command Support Operations Munitions Branch, conduct motor stables where weekly preventative maintenance checks and services are performed on tactical vehicles.



Photo by Spc. Adrianna N. Lucas

Soldiers train through hands-on exercise

By Cpl. Lee Jun-ho
19th ESC Public Affairs

The 19th Expeditionary Sustainment Command Support Operations mobility section coordinated with the G-3 training office and Material Support Command-Korea to offer the unit movement officer course to the subordinate units' representatives at Camp Carroll, July 7 - 16. The class, consisting of more than a dozen students, covered areas essential for a deployment mission.

The whole process of moving a unit from one location to another was taught through a two week-schedule. Starting from planning the movement, students go through data gathering, documentation, convoy highway operations, convoy calculations,

various kinds of transportation operations, and so on. The main purpose of the training is to teach Soldiers how to have vehicles ready for on-peninsula exercises, while also preparing in the event of an off-peninsula deployment.

While the majority of training occurred in a classroom, students were given a chance to use what they learned in hands-on exercises. With support from MSC-K, students received hands-on training on railhead operations, pallet load out, and a center of balance calculation exercise.

Loading a Humvee and a light medium tactical vehicle on a railhead to tie them down firmly required a lot of teamwork. The ground guides in the front and rear

had to communicate well with the driver to make sure that the vehicle stands exactly on the right spot over the platform and doesn't fall.

The second day's class included the center balance point calculation, which was to provide a brief lay out for shipping tasks via a ship or a plane. The students learned how to ship the vehicles while still allowing Sailors or pilots to maneuver without any restrictions. If those points were measured wrong, problems may occur in deployment or even result in a tragedy.

"I was sent to the movement officer course to be a qualified operations officer for my

SEE UMO ON PAGE 5

Area IV teens gain work experience through summer hire work program



Photos by Spc. Adrianna N. Lucas

Daniel M. Saintil, 19th Expeditionary Sustainment Command G-6 summer hire, takes out a bag of shredded papers after he completes shredding for the day.

By Alexis Kimble
19th ESC Public Affairs

After school ends, the only two things many teenagers want to do are sleep and hang out with friends. While most teenagers in the states are able to work part time jobs year round, teens living overseas often have a harder time finding work. Luckily, the summer hire program offers college and high school students, ages 14-22, a chance to work and earn cash during the summer.

According to Stephen L. Chase, 19th Expeditionary Sustainment Command Civilian Personnel liaison, the summer hire program also “gives students work experience in a business environment.”

The summer hire program runs for three sessions depending

on whether applicants are high school or college students.

The college session runs May 17 through Sept. 24. Chase said the dates college students work are tied to individual school dates.

The first high school session occurs between June 21 and July 16. The final session begins the following week and ends Aug. 13.

High school student employees are limited to working one session. However, Chase said it is possible for students to work both sessions provided space is available.

This year, he said nearly 30 students participated in the program throughout 19th ESC units and subordinate units, both in Daegu and at Camp Carroll.

Most students start work at 8 a.m. and get off around 5 p.m., have an hour long lunch break and two 15 minute breaks. Students earn \$5.50 per hour, and also receive holiday pay and sick leave.

According to Erika Brun, a summer hire participant, the only downside of the program for her is the paperwork required to apply for a position. “Although there were a lot of forms, getting a job and getting paid was worth it,” she said.

“The best advantage of the summer hire program is the learning opportunity. A lot of students have future goals in mind,” said Erica Deas-Johnson, Area IV Civilian Personnel Human Resources specialist. “Therefore, we did our best to place them where they could get [on the job training] early on.”

For more information on the summer hire program, call Deas-Johnson at 768-6627 or Cara Perkins at 768-7901.



Monique N. Blanchard, 19th Expeditionary Sustainment Command G-1 summer hire, sorts paperwork in preparation to file.

Team 19! News

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The 19th ESC Public Affairs Office is located in Bldg. 1501, Camp Henry, Daegu, South Korea.

For more information, call 768-8622

People cut a rug at KAFC closing ceremony



Photo by Pfc. Chae Ki-soo

Sponsors, students and guests alike, let loose on the dance floor performing the Cha-Cha slide after the formal ceremony at the 13th Korean American Friendship Circle closing ceremony, July 9, Evergreen Community Club, Camp Walker.

By Pfc. Chae Ki-soo
19th ESC Public Affairs

The Korean American Friendship Circle celebrated its 13th closing ceremony at the Evergreen Community Club, July 9, Camp Walker. Distinguished guests, American and Korean sponsors, as well as students gathered to recognize and celebrate the friendship they built over the past semester.

The ceremony began with an introduction of the distinguished guests who made the KAFC happen.

Then guests enjoyed a slide presentation of the memories and moments students and their sponsors shared throughout the semester. As photos of different students and sponsors appeared on the screen, groups chanted their names, laughing at their photos. The slideshow presentation displayed

various activities and bonding experiences the sponsors and students shared together.

Throughout the semester, American sponsors introduced U.S. holidays such as Easter, the Fourth of July, and summer barbecues, while students invited sponsors for a tour of their colleges and took them to spring carnivals.

After the slideshow, the KAFC president, Kim In-nam, and Col. Rush, 19th Expeditionary Sustainment Command G-3, presented each student with a certificate and a scarf recognizing their participation in the KAFC.

"Korean college students interested in globalization want to understand the world, and the KAFC can help them understand the world and also have fun at the same time," said Rush.

Once people finished eating the feast,

many gathered outside for a dance party. As the disc jockey played music, sponsors and students alike rushed out to dance. Although the closing ceremony marked the official closing of the semester's activities, many sponsors and students plan to continue their relationship.

"Even though people that I met came from different places, I never felt that we were different," said Kim Sae-rom, a KAFC student participant. "I will never forget the time I shared with them."

The 13th KAFC closing ceremony became the last for Rush as the American head of the KAFC.

"Of all the experiences in Korea, KAFC is the absolute best. I encourage everyone to join and participate, there's always room for more groups and host families," said Rush.

US-Korean defense leaders announce exercise

By Jim Garamone

American Forces Press Service

SEOUL, South Korea – The United States and South Korea announced July 20, a series of military exercises designed to send a strong, clear message to North Korea to stop its provocative and warlike acts.

U.S. Defense Secretary Robert M. Gates and Republic of Korea National Defense Minister Kim Tae-young released a joint statement on the exercises following meetings here.

The first in a series is a combined maritime and air readiness exercise named Invincible Spirit. About 8,000 U.S. and ROK military personnel will participate. The exercise is in response to the unprovoked attack on and sinking of the South Korean frigate Cheonan off the west coast of the peninsula. Forty-six South Korean sailors were killed in the North Korean torpedo attack on the vessel.

“This is the first in a series of ROK-U.S. combined naval exercises that will occur in both the East and West Seas,” the two defense ministers said in their joint statement. To Americans, the East Sea is the Sea of Japan and the West Sea is the Yellow Sea.

“These defensive, combined exercises are designed to send a clear message to North Korea that its aggressive behavior must stop, and that we are committed to together enhancing our combined defensive capabilities,” the statement continued.

Navy Adm. Robert F. Willard, the commander of U.S. Pacific Command, put the exercises in context for reporters traveling with Gates and Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff.

Willard said the exercise will begin at the conclusion of the Two-plus-Two meetings between the U.S. and Korean ministers of defense and foreign affairs. The exercise does include the USS George Washington Carrier Strike Group and ROK Navy ships. Aircraft will come from the U.S. Seventh Air Force, the George Washington’s Air Wing, the ROK air force and ROK anti-submarine aircraft. The exercise will include F-22 Raptor aircraft training for the first time in the theater, he said.

“In all, over a hundred aircraft will fly in the event,” Willard said. “The exercise will include a variety of training opportunities – flight operations from the carrier, there will be an air defense exercise, strike exercises and opportunities for passing exercises.

“Anti-submarine warfare is also included in the exercise with both ROK and U.S. Navy ships and P-3 aircraft participating,” he said. At the end of the exercise, there will be a counter special forces exercise. “These occur with some frequency in both the East and West Seas, conducted by the ROK and U.S. Navy,” Willard said.

Invincible Spirit is a large-scale exercise, the admiral stressed. “This is intended to send a signal to North Korea with regard to what has occurred post-Cheonan, and it is intended to signal to the region the resolve

of this alliance and our commitment to one another and the scope and scale of our ability to operate together,” he said.

The exercise is part of a continuum of exercises that the United States and the Republic of Korea hold. The end of Invincible Spirit will coincide with the start of exercise Freedom’s Guardian, Willard said.

The admiral said the exercises can be adjusted if North Korea agrees to stop future provocations.

Future exercises may be in the West Sea, Willard said. The West Sea is an international waterway, and the United States is perfectly within its rights to exercise in that body of water. Willard said he is not concerned about China’s feeling about U.S.-ROK naval exercises in that area.

“If I have a concern vis-a-vis China it’s that China exert itself to influence Pyongyang to see that incidents like Cheonan don’t occur in the future,” he said.

Deterring North Korea is problematic, said Pentagon Press Secretary Geoff Morrell. “This is what makes North Korea so challenging and at times, so confounding: how do you gain leverage with a regime that doesn’t care how it is viewed by the rest of world, and doesn’t care how it treats its own people?” Morrell said. “At the same time, none of us wants to fight another war on the peninsula and clearly none of us – certainly the Chinese – are interested in instability on the peninsula. So, this all combines to make this a challenge.”

Talk on the STREET

“What will you miss most when you finish your intern program?”



I’ll miss all the office people that I’ve worked with and my experience I’ve had at this office.

Son Dae-geun
19th ESC SJA



All the people I’ve met here, especially in G-1.

Lee Su-jin
19th ESC G-1



People and some tasks that made me crazy.

Ryu Han-jin
19th ESC G-6



I will miss the cold office in the hot summer as well as hot office in crazy cold winter.

Lee Ji-min
19th ESC G-9



Busy life at G-9. It drove me crazy, but was very awesome.

Ku Yoon-sung
19th ESC G-9

UMO, FROM PAGE 1



Photos by Cpl. Lee Jun-ho

2nd Lt. David A. Dahlstrom, 188th Military Police Company, buckles up the net to firmly hold the cargo at Camp Carroll July 16.

unit,” said Staff Sgt. Bradley W. Lanchester, 249th Military Police Detachment. “Everything I’m learning is new, and hands-on training is very helpful.”

“This course will be offered in a quarterly routine, being able to teach how Soldiers can manage their units’ deployment from one place to another,” said instructor Sgt. 1st Class Todd A. Archer, 19th ESC SPO Mobility. “From basic preparation for the deployment to a destination, students will take a general overview of how transport systems work. For example, they will know if they need a C-130 support in order to transport, by checking what kinds of and how many vehicles they have,” Archer said.

With help from MSC-K, students were able to practice using real cargo and pallets, railheads, and vehicle scales.

“I learned a lot about movement and deployment for my unit. Good training aids helped us very well,” said 2nd Lt. Eulogio Garcia, 551st Inland Transportation Company.

According to Sgt. 1st Class Joseph S. Kelley, 19th ESC SPO Mobility, any one of the exercises couldn’t be done by a single person. Teamwork was crucial. It was great to have a successful training done safely and with good teamwork from the students, he said.



2nd Lt. Alicia Dixon, 520th Maintenance Company, guides a light medium tactical vehicle to a railhead during a unit movement officer course July 15. The 19th Expeditionary Sustainment Command Support Operations conducted the quarterly training at Camp Carroll in conjunction with 19th ESC G-3 Training and Material Support Command-Korea.



Staff Sgt. Ok S. Baac, 501st Support Brigade, ties down a vehicle to a platform July 15.

Ms. Kwon's Korner

I am really excited to share Korean culture and good places with you. I have been blessed by heaven to work here as an intern. I'm ready to be your friend and introduce all my country offers.

Kwon Hyun-a

(E-mail: hyuna0315@gmail.com)



Sometimes people may experience stress from everyday daily life. Amusement parks can be a good place to release the pressure from routine work. Woobang Land, located about 20 minutes away by car from Camp Walker, is the biggest amusement park in Daegu County. "The place of dreams, love and festivals" is the main slogan of Daegu's Woobang Land. It is a place of variety to local citizens, suitable for its reputation. The Tulip Festival, held every spring, is well known for its popularity. During the summer season, the night festivals put on a show for visitors by offering fireworks and parades.

After passing through the main gate, Daegu Tower on Mt. Duryu comes into sight. People can go up to the tower on foot, or a cable car is also available. It is not only convenient, but also gives a view of the entire park. The cable car is connected directly to the fourth floor of the tower. On the 77th floor of the tower, people can see the full view of Daegu. People can also experience the thrill of falling from 123 meters high by bungee jumping. It is one of the three highest sky jumping locations in the world. The jumper falls from the observatory on the 77th floor of the tower down to the 4th floor. The high speed is beyond expectation.

The park has 35 rides to enjoy including roller coasters, a merry-go-round, and a pirate ship as well as 12 kinds of kid rides. Among the rides, "Boomerang" is a challenge to those who seek electrifying experience. It goes up to top of the steep rail and drops suddenly to fall headlong to the ground. A ride called



"Tambourine" is a flying saucer which bounces people up and down by rotating its wheel with rollicking music.

When it comes to buying tickets, one day-free pass is an economical choice to enjoy every ride and performance. The Sky Jump attraction is available for an additional fee. However, it is available for a discounted price until the end of July.

Information

The opposite side of the Duryu park.

Take a taxi and tell the taxi driver, Woobang Land gajuseyo! About 5,000 won from Camp Walker

Woobang Land

Open time: 9 a.m. to 8 p.m. Monday to Friday
9 a.m. to 10 p.m. Saturday and Sunday

Cost: 24,000 won for ages 19 and up, 22,000 won for ages 13-18, 19,000 won for children under 12



Kickboxing your way to fitness



Kay Lattanzi, cardio kickboxing instructor, demonstrates how to do a front kick during the kickboxing class at Camp Walker Kelly Gym, July 16.

Story and photo by Cpl. Lee Jun-ho
19th ESC Public Affairs

For those gym-goers who feel they have already tried everything, working out may be just a repeated routine. The same daily exercises with the treadmill and bikes for an hour may not be very exciting anymore.

Learning something new is good way to keep oneself motivated for a diet or to stay fit.

Camp Walker Kelly Gym has a cardio kickboxing class for anyone willing to try a new cardio workout method. The class is a mix of kickboxing, aerobics, martial arts,

and even a little bit of yoga for stretching. Led by an enthusiastic instructor, students push themselves hard in a room full of loud dance music.

Based on two active sports, kickboxing and aerobics, the class maintains a certain level of intensity throughout the time. Kicking and punching moves following variation push-ups and jumping jacks do not let the students at ease for even a few seconds. The various combination moves trigger every part and muscle in one's body, making it a full-body workout. Jab, hook, front kick, or rear kick swiftly combined with turning or side-to-side moves burn calories in an efficient way.

"It's recommended for anyone who would like to lose some weight, or to have a healthy life. I especially hope the family members take the opportunity and become energetic through this class," said instructor Kay Lattanzi. She gives detailed directions on how to make the moves and shouts "three more, two more" to let the students hang until the last set.

Even though the class was initially scheduled for an hour, the instructor and the students were all passionate enough to stay in the room extra-time. The last 15 minutes were for the cool down stretches, where the students loosen up their tired bodies and calmed down.

The Kelly Fitness Center has aerobic class Tuesdays and Fridays from 6:30 - 7:30 p.m. Although the class is mainly for Zumba aerobics, different instructors take turns to teach step aerobics or cardio kickboxing for the students.

For more information, contact Camp Walker Kelly Fitness Center at 764-5462.

2010 Daegu Area Intramural Summer Basketball League	Date	Home	Away	Score
	July 12	25th Trans	168th MMB	28-58
		19th ESC	36th Sig Bn	33-25
	July 13	36th Sig Bn	25th Trans	17-30
		168th MMB (W)	188th MP Co	Forfeit
	July 19	25th Trans	19th Katusa (W)	Forfeit
		19th ESC	188th MP Co	60-11
	July 20	36th Sig Bn	168th MMB	19-44
		19th Katusa	DAS	30-48

Discover SEOUL

WEEKEND TOUR

BOSS July 30-Aug 1

Departs from the Walker Commissary at 0600 and the Carroll Commissary at 0700.

\$150/person covers all lodging, transportation and tour fees:

- Han River Cruise
- BLDG 63 Observation Deck
- Historic Changdeok Palace
- Insa-Dong Folk Village
- Lotte World Amusement Park Entrance
- Hotel and 2 breakfast meals, bus, and tour guide (Lodging is at the Lotte World Hotel)

Sign up at the CACs or contact your BOSS rep. 764-4426



Win the Ultimate Recording Music Experience!

\$850 in cash prizes awarded locally!

AUDIENCE: Come vote and win prizes too! \$300 awarded locally to the most supported Unit or Family Readiness Group.

2010 RISING STAR GRAND PRIZE: Winner receives a three-day professional recording studio experience in Los Angeles, California. Prize includes studio time, vocal coach, production of a three song Demo CD, and an all expense paid trip for two. **A once in a lifetime experience!**

Singers must be Active Duty, Reserve, National Guard, or Military Family members (18 and older)

It's time to shine at the 2010 Operation Rising Star Competition -hosted by the Hilltop Club. Local preliminary competitions begin September 10th at 1900. Finals will be held September 17 at 2000. The 1st place winner will receive \$500 and will advance to the 2010 finals, 2nd place will receive \$250 and 3rd place \$100! So sign up at your local Community Center or at the Hilltop Club to be a part of the Operation Rising Star 2010 competition. We look forward to seeing you!

MWR Tours

Tours for the month of July

Come experience everything Korea has to offer with your local MWR

Date	Event	Price
July 24	Pro Baseball All Star Game - Daegu Simin Stadium 6:30 p.m. Open to all U.S. Soldiers, first come first served One extra ticket per person for a family member Contact 19th ESC G-9 at 768-8908/8912	Free, but transportation is not provided
July 31	Gyeongju city tour - Camp Carroll CAC Tour to Bulguk Temple, King's Tomb Cheonma-Chong, Folk Craft Village, and Gyeongju National Museum included Depart: 8 a.m. at Camp Carroll and 9 a.m. at Camp Walker	\$10 transportation fee kids 10 and under pay \$5

For more information, contact your local Community Activity Center
Camp Walker Building S-335, 764-4123
Camp Carroll Building S-110, 765-7900

Too much stuff in your house? Need a place to store all that extra furniture?

STORAGE CONTAINERS FOR RENT AT CP CARROLL

Call the Cp Carroll Community Center at 765-8325



Classifieds

Babysitting

Certified babysitter
Red Cross certified
babysitter. Available Sat-
urdays on Camp George.
Call (010) 4170-6499.

Animals



Spitz, 2 year old male



Yorkie, 8 year old male



Maltese, 1 year old male

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Malamute, 1 year old male

Vet clinic, Adoption fee of \$52-77 includes first round of vaccinations and microchip (depending on age). For more information, call the vet clinic at 764-4858.

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Apartment for rent, Four

bedrooms, two baths, only two year old building. Located in downtown Waegwan (across from GS Mart). Very convenient location for shopping and eating out. Nice and quiet neighbors. Only two minutes from Gate 2 and Highway 1. Call 010-7711-5120.

Employment

Assistant Inspector General GS-1801-09, Daegu. Salary: \$41,563-\$54,028. Vacancy Announcement Number: KOEZ10378217. Announcement closes July 26. Visit <http://acpol.army.mil/employment>.
Information Technology Specialist (INFOSEC)

GS-2210-12, Daegu. Salary: \$66,301-\$86,191. Vacancy Announcement Number: KOEZ10381558. Announcement closes July 26. Visit <http://acpol.army.mil/employment>.

IT Specialist (NETWORK) GS-2210-12, Daegu. Salary: \$66,301-\$86,191. Vacancy Announcement Number: KOEZ10353463.

Announcement closes July 27. Visit <http://acpol.army.mil/employment>.

Safety and Occupational Health Manager GS-

0018-12, Waegwan. Salary: \$60,274-\$78,355. Vacancy Announcement Number: KOEZ10395843. Announcement closes July 28. Visit <http://acpol.army.mil/employment>.

IT Specialist (PLCYPLN) GS-2210-11/12, Waegwan. Salary: \$58,836-\$86,191. Vacancy Announcement Number: KOEZ10159187R. Announcement closes July 28. Visit <http://acpol.army.mil/employment>.

Equipment Specialist GS-1670-12, Waegwan. Salary: \$60,274-\$78,355. Vacancy Announcement Number: KOEZ10402341. Announcement closes July 30. Visit <http://acpol.army.mil/employment>.

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